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Tuesday, July 25, 2017 metro.us | t: MetroBOS | f: MetroBoston

HEALTHY SUMMER FOODS
What to eat to make the most of the season and what to avoid. 9

CRUNCH TIME: Kyrie Irving in Boston? 10

The biggest celebrity internet troll wants you to join his cult. 8

MANAGING EMOTIONS

Boston is one of only six communities nationwide to receive a grant to advance social-emotional learning programs for children.

I-STOCK

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ERIN TIERNAN, WEB REPORTER

A Tennessee judge wants to sterilize drug offenders in exchange for lighter sentences because he says too many babies are being born addicted to drugs. Read more at **metro.us/news.**

PARENTS OF UK BABY AGREE TO LET HIM DIE

The parents of Charlie Gard tearfully gave up their legal battle to keep their terminally ill baby alive on Monday, saying his condition had deteriorated too far for any possible recovery, in a case they said had touched the world. The parents said their 11-month-old son might have been able to live normally if he had received experimental U.S. treatment earlier but too much time had been

"wasted." "We have decided to let our son go," his mother Connie Yates told London's High Court, where a judge had been due to hear final arguments as to why a hospital should not turn off life support. "Charlie did have a real chance of getting better. Now we will never know what would have happened if he got treatment."

ISRAEL TO REPLACE METAL DETECTORS IN JERUSALEM

Israel on Tuesday decided to remove metal detectors it had placed at the entrance to a holy site in Jerusalem's Old City with other, less obtrusive surveillance means, a cabinet statement said. Prime Minister Benjamin Netanyahu's cabinet voted to remove the metal detector gates after a meeting lasting several hours convening for a second time on Monday after they had broken off discussions

a day earlier. Tensions escalated sharply since Israel installed the metal detectors at entry points to Al-Aqsa mosque compound in Jerusalem after two police guards were shot dead by gunmen there on July 14.

5 THINGS YOU NEED TO KNOW

KUSHNER DENIES COLLUSION

Jared Kushner, President Donald Trump's son-in-law and a senior White House adviser, told Senate investigators on Monday he had met with Russian officials four times last year but said he did not collude with Moscow to influence the 2016 U.S. election. A businessman like Trump, Kushner portrayed himself as new to politics when he became a top adviser to Trump's campaign.

DRIVER DENIES HE KNEW IMMIGRANTS WERE INSIDE

A man charged in Texas with transporting unauthorized immigrants in a stifling truck told investigators he had no idea that they were inside until he stopped and found dozens of dead and dehydrated people in the back, court papers showed on Monday. James Matthew Bradley Jr., 60, was arrested on Sunday and could face the death penalty after authorities found eight men dead in the back of his tractor trailer truck parked outside a Walmart store in San Antonio. Scores of other immigrants, including children, suffering from dehydration and heat stroke, were also inside. Two of them later died after being hospitalized, bringing the death toll to 10. One of the immigrants aboard later described to investigators unbearable conditions inside the crowded, pitch-black interior.

AMAZON TO MEET WITH US RANCHERS

Amazon.com Inc. plans to meet on Wednesday with a dozen U.S. ranchers, seeking to expand distribution of organic and grass-fed meats as it takes over Whole Foods Market Inc., according to the meeting's organizer. Analysts and investors have speculated that Amazon is aiming to combine its expertise in order fulfillment with the grocer's facilities to build out delivery of fresh food, but the online retailer has not yet detailed its plans. Amazon visited Georgia grass-fed meat producer White Oak Pastures in March, 2½ months before announcing the $13.7 billion Whole Foods takeover, to discuss a possible distribution deal, White Oak owner Will Harris told Reuters. The retailer later asked the farmer to invite other U.S. livestock producers to discuss distribution of organic and grass-fed meat, Harris said.

ON THIS DAY IN 2000

Air France Flight 4590, a Concorde supersonic passenger jet, F-BTSC, crashes just after takeoff from Paris killing all 109 aboard and four on the ground.

GETTY IMAGES

Couples Are Raving Over New Sex Cream

Find out why couples across the country are raving about a new invention called **Sensum**

Meet the Doctor that's fixing sexual problems in whole new way. *Specialist, Dr. James L. Yeager's new cream triples men's penile sensitivity while stimulating their partner like nothing we've seen before.*

By Steven Wuzubia
Health Correspondent

Clearwater, Florida – If you are a man, over the age of 40, who struggles with achieving and maintaining a firm erection or has difficulty reaching climax - then you may be in luck!

For a limited time, a breakthrough new invention is being made available to a lucky few who want to experience what's it's like to have double, even triple the penile sensitivity.

Meet Specialist, Dr. James L. Yeager. He is changing sexual medicine as we know it.

AMERICA'S "SEX DOCTOR" TO THE RESCUE

According to Dr. Yeager, you may suffer from Reduced Penile Sensitivity (RPS). This can cause loss of confidence, frustration, even depression and anxiety.

"Many men do not feel comfortable telling even their doctor about trouble with erections, and a lack of feeling and pleasure during intercourse."

After all, the formula for great sex is simple...

The more penile feeling you have, the more aroused you get, which provokes a firm and lasting erection and a full and satisfying orgasm whenever you want. Bottom line: if you don't have enough "feeling" in your penis, it's impossible to get an erection.

You're not alone. Reduced Penile Sensitivity (RPS) is estimated to strike over 500 million men on a worldwide basis. The condition is commonly associated with aging, diabetes, circumcision, certain surgeries and prescription drugs.

ED pills like Viagra, Cialis and natural pills work for many, but men with RPS often end up taking more than directed in the hope of increasing their penile sensitivity, and even then they don't work well enough.

Let's face it. The inability or long wait to reach orgasm is bad enough. But failure to achieve a firm erection is devastating! It's one of the leading causes of relationship problems. And avoiding sex often leads to failed marriage. It's a horrible problem.

RESTORE SENSITIVITY, ENJOY SEX AGAIN

Dr. James Yeager saw firsthand the suffering of his patients. "It's not their fault. They've done nothing wrong. And they are not any less of a man." Yet he wondered why modern medicine was failing in its mission to provide these men lasting relief.

As a result, he spent long sleepless nights locked up in his lab ... researching every study he could get his hands on regarding penis sensitivity and came up with a cream that changed sexual medicine as we know it.

His biggest discovery? A super-nutrient called Cinnamaldehyde. This special ingredient activates the TRPA1 receptor (IC50 = 9.5µM) in your body. It increases the reaction of sensory neurons to stimuli such as warmth, cold and touch. This activation results in more sensitivity of the penis and a more pleasurable sensation.

Dr. Yeager made this super-nutrient the core of a revolutionary new cream called SENSUM+® which promises to give you what no pill can... incredible, long- lasting sensation, even from the slightest touch.

"Like Teenagers Again!"

"This has caused our sex life to be like we are teenagers again! My wife and I are both much happier and more satisfied. A real life-changer! I am so glad for Dr. Yeager's invention to fix this problem without dangerous prescription drugs."

- Robert H., West Palm Beach, FL

HOW IT WORKS

SENSUM+® is a blend of essential oils and natural botanicals that can double, even triple your overall penile sensitivity. It's like removing your leather gloves -- and feeling your lover with your bare fingers again! So even men who've had little feeling in their penis are suddenly able to exercise sexual power over women again. Without worry... anxiety... or a second of doubt.

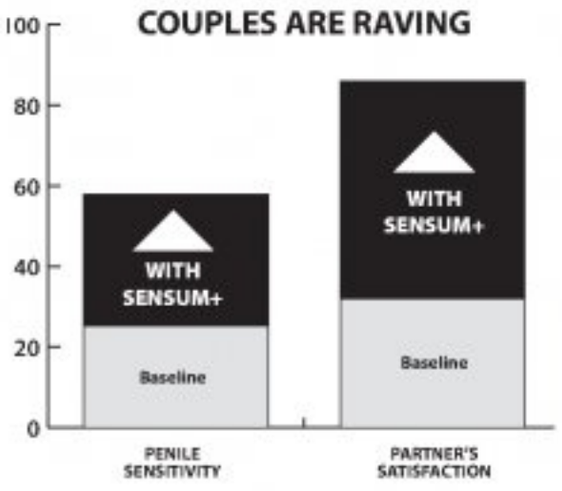
The word is getting out. "Even men without E.D. problems are buying up more than we can produce", says Dr. Yeager.

Dr. Yeager's SENSUM+® triples sexual satisfaction for men by increasing "penile sensitivty"

CLINICALLY PROVEN

The clinically-proven nutrients in SENSUM+® help you get and keep a hard erection very easily, and also let you climax when you want to.

For example, Joe Romas, 52, from Oakland, was frustrated he had little penile sensation during sex. This made it take too long to ejaculate. He had nearly given up until he discovered SENSUM+® cream. Within one week of starting he reported, "I now have my old feeling and pleasure back. Sex is fun again and feels great. My wife and I are much happier now."



SENSITIVITY AND SATISFACTION DOUBLED, TRIPLED

SENSUM+® is clinically proven to end the most common male sexual problems fast and effectively. The result of two clinical studies on men, both circumcised and not, show SENSUM+® more than doubled penis sensitivity and more than tripled sexual satisfaction. And what's more is that their partners enjoyed sex so much more when they used the cream - nearly 300% increase in sexual satisfaction. Couples are raving.

PRIVACY GUARANTEED

SENSUM+® is patent-pending and is equally effective for both circumcised and non-circumcised men. No side effects or medicine interactions have been reported.

The sooner you start using this cream, the sooner you can have more feeling in your penis again to get and keep a hard erection and enjoy sex more than ever.

SENSUM+® is NOT sold in stores. No prescription or doctor visit is required. Your product will be delivered discretely in a plain unmarked package so your privacy and confidentiality is assured.

SPECIAL INTRODUCTORY OFFER

This is the first official public release of SENSUM+® in Pennsylvania. Only a limited supply of SENSUM+® is currently available in your region. The manufacturer, Innovus Pharmaceuticals, is offering a special introductory discount to the first 100 Pennsylvania residents who place an order today.

This special discount will be available starting today at 7:00am. First come, first served. A special phone hotline has been set up to take advantage of this ordering opportunity. The Special TOLL-FREE Hotline number is 1-800-824-2572 and will be open 24-hours a day.

Consumers who miss out on this exclusive opportunity will be added to our wait list. However, you may need to wait for weeks until more SENSUM+® is available. The maker advises your best chance is to call 1-800-824-2572 immediately.

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Amalio Nieves is the Boston Public Schools' assistant superintendent for Social Emotional Learning and Wellness.
GETTY IMAGES

Boston schools receive grant to teach kids social and emotional skills

BPS won a grant to advance its social-emotional learning programs, which teach kids things like impulse control and perseverance.

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When you send children to school, you expect them to learn certain things like reading, writing and arithmetic. But wouldn't it be great if they also learned life skills, like how to manage their frustrations or how to talk about their emotions?

That's the idea behind an initiative called social-emotional learning, or SEL. It may seem obvious, but having a clear program to teach these skills shows real results in a student's success, both in their personal life and in their academics, experts say.

At Boston Public Schools, officials are able to go a step further than the academic basics with the help of a grant awarded this week by the Wallace Foundation.

The foundation, a New York-based nonprofit that works to improve learning opportunities for disadvantaged children, awarded the grant to both BPS and local nonprofit Boston After School & Beyond, which provides after-school activities.

BPS and Boston After School & Beyond will share the four-year grant to help 15,000 children in kindergarten through fifth grade at seven schools in the district.

The core of SEL, explains Stephanie Jones, a professor at the Harvard Graduate School of Education and a developmental psychologist who previously developed a guide for the Wallace Foundation, has to do with three big ideas.

"In order for there to be successful learning inside the classroom and outside the classroom, children and youth need to be able to manage and take care of themselves, get along and work well with their learning community and then engage in academic learning," she said.

To ensure all that, both students and teachers need cognitive, emotional and social skills, she explained, from goal setting to managing your emotions to understanding social cues.

That may seem obvious to us as adults, but kids have to learn these things too. However, it's not about just adding a "social and emotional" class to the school schedule.

"Emotions are happening at all times of the day, so having just a half-hour lesson on it once a week is probably not enough," said Jones. "It has to be woven into how adults and kids interact with each other."

A key part of the BPS effort will be in training and coaching school staff to model this same behavior, officials said, which Jones agreed is fundamental to showing the kids in their care how to behave.

Boston is one of only six communities in the country to receive this grant. It's not the first effort in social-emotional learning that the school district has undertaken, either. BPS has an entire office called Social Emotional Learning and Wellness, and this grant builds on the district's previous efforts. The grant will provide up to $1.5 million in the first year and will be reassessed each year afterward.

"Emotions are happening at all times of the day, so having just a half-hour lesson on it once a week is probably not enough. It has to be woven into how adults and kids interact with each other." Stephanie Jones

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The recent shooting of a Spencer man has led to a police investigation. METRO FILE PHOTO

Police officers fatally shoot man holding pellet gun

A man who was wielding a replica handgun was shot and killed by cops in Spencer.

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Police shot and killed a Massachusetts man who was carrying a pellet gun on Sunday night.

Officers in Spencer were responding to a domestic violence report on Sunday around 8 p.m.

Police were attempting to stop a car driven by a man they believed to have been involved in that domestic violence incident, the department said in its official Facebook page, when the driver returned back to the house where the complaint was made.

The man then got out of his car and "pointed what the officer thought was a firearm in his direction."

The police officer fired a single shot, hitting the man. He was then transported to an area hospital where he died from the injury, according to police.

Near the man, officers recovered a replica handgun that they determined to be a pellet pistol.

Pellet guns are also referred to as air guns or BB guns because they fire small pellets with compressed air, rather than by a chemical reaction in which powder is burned for an explosive projectile.

A firearms identification card is not needed to own an air gun in Massachusetts, though a law does prohibit minors under the age of 18 to have one, unless they're accompanied by an adult.

State police detectives assigned to the Worcester County District Attorney's Office are investigating the shooting.

The DA's office stated that the investigation is continuing and no other information is currently available.

MASS. IMMIGRANTS

State officials cannot detain immigrants for ICE, Massachusetts' top court rules

State law does not permit officials to detain immigrants solely at the request of federal immigration officials, the Supreme Judicial Court ruled Monday, putting up a legal barrier to a long-running component of immigration enforcement.

In the case of Commonwealth v. Sreynuon Lunn, the court concluded that "nothing in the statutes or common law of Massachusetts authorizes court officers to make a civil arrest in these circumstances."

No single justice was credited with authorship of the ruling that declared, "Massachusetts law provides no authority for Massachusetts court officers to arrest and hold an individual solely on the basis of a federal civil immigration detainer, beyond the time that the individual would otherwise be entitled to be released from state custody."

The ruling could stir the immigration debate playing out in Congress and at federal courthouses, as President Donald Trump has sought stricter enforcement of border security and railed against jurisdictions seen as offering "sanctuary" to those in the country illegally.

The U.S. Department of Justice contended that even without explicit law, Massachusetts officials have the "inherent authority" to detain people at the request of ICE.

The Supreme Judicial Court declined to take that view and further opined that "even if the federal government wanted to make state compliance with immigration detainers mandatory, the Tenth Amendment likely would prevent it from doing so."

Senate President Stan Rosenberg told WHMP last week that lawmakers were awaiting the Lunn ruling before taking action on a bill (S 1305/H 3269) that would limit the state's cooperation with the federal government on immigration enforcement. STATE HOUSE NEWS SERVICE

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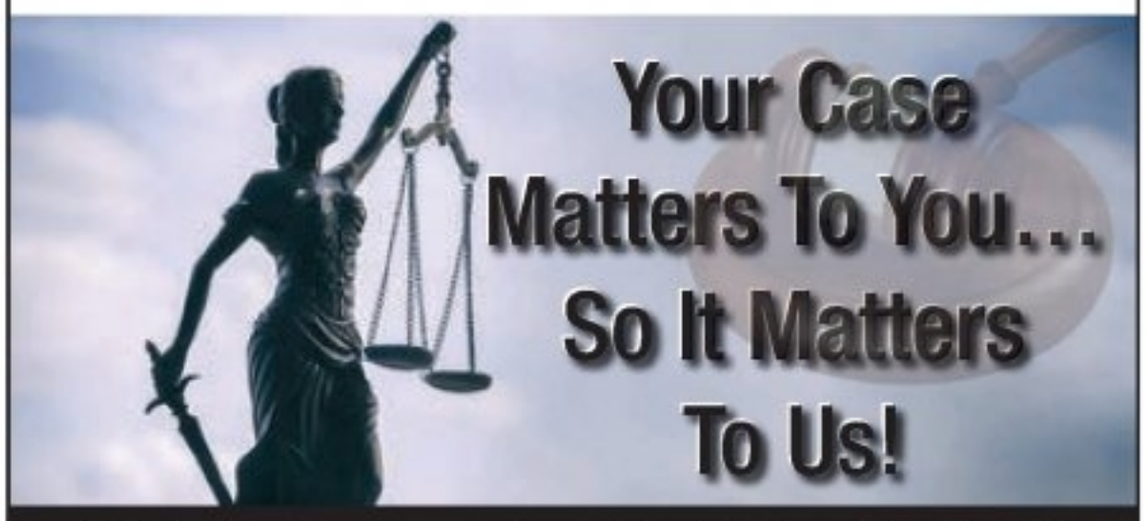

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Charlize Theron doesn't know a Tia Mowry

What's a Tia Mowry?

Charlize Theron — "Atomic Blonde" star and dreamy, ass-kicking babe — has heard about that Tia Mowry rumor. And it's pretty clear that she doesn't even know what a Tia Mowry is.

The 41-year-old reacted to an old rumor that she was rude to Mowry after a run-in at SoulCycle on "Watch What Happens Live With Andy Cohen," because, of course.

In 2014, the um, "Sister, Sister" star allegedly told InTouch that Theron snubbed her, big time. "I said, 'Hi,' and she actually rolled her eyes and said, 'Oh my God.' … Charlize was just mean."

When Cohen asks the "Mad Max: Fury Road" star about the run in, it's pretty clear that Theron has no f—s to give. "I'm not an eye-roller," she says. "But I would be like, 'F—k off.'" Same!

Also, SoulCycle is the worst, and none of this would have happened if all celebrities were more dedicated to being couch potatoes and less dedicated to living their best, healthiest lives.

A Hilary Duff Whodunit

Hilary Duff's Los Angeles home was robbed, with hundreds of thousands of dollars' worth of property stolen, and I'm wondering which one of y'all did it? Was it you, Aaron Carter? Making off with a decades-long grudge from that time you were both teeny boppers and dated?

TMZ reports that someone broke into the "Younger" star's home Wednesday, July 19 while Duff, 29, was on vacation. Like, really on vacation. So on vacation that she shared plenty of photos of said vacation on her Instagram — which is likely what tipped Aaron Carter, I mean, the robbers off.

Burglaries are very in this year — it's basically like "Bling Ring" all over again. Celebrities have to get smarter in the digital age, probably. There has to be a way where you can post pictures of what you're doing, but also throw Aaron Carters, I mean, thieves, off of your trail.

Tell me who did it.

the word

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Allow him to clarify.
ALL PHOTOS GETTY IMAGES UNLESS OTHERWSE STATED

Scott Disick isn't a sex addict

Did Scott Disick refer to himself as a sex addict in an episode of "Keeping Up With the Kardashians?" Yes, yes, he did. But now he's saying that you guys are being rude by calling him a sex addict because, I don't know, he lost his mind in Cannes when he was dry humping Bella Thorne in front of the paparazzi?

"I would say I think it's a little rude that everybody keeps addressing me as a sex addict," Disick told E! News over the weekend. "I just like sex, but I'm not a sex addict. I said that in a humorous, joking fashion on the show and now I'm getting billed as one, and it's not the case. I do like sex, but I am not an addict."

Oh, fantastic. Thanks for clearing that up for us, Disick!

The 34-year-old father of three also noted that his sexual appetite is super-healthy. "A gargantuan appetite, but not an addict!" Who knew Disick knew the word "gargantuan"?!

J.Lo & A.Rod celebrate their birthdays

Classic them.
INSTAGRAM/@JLO

Alex Rodriguez and Jennifer Lopez have birthdays within three days of each other. So, naturally, they're celebrating together and making a very big deal out of it! All the Leo talk is very annoying and very classic them.

Lopez turned 48 on Monday, and Rodriguez will be 42 come Thursday. And it's incredibly special, OK!? "Their birthdays are both this week and they spent the weekend celebrating in Miami with friends and family," a Lopez source tells People. "They have almost been together for six months now, but Jen says it feels like longer. She is very happy — Alex takes great care of her. … Things are easy and fun."

Also their love is still one for the ages! "They are really into each other ,and A-Rod constantly tells her how amazing she looks and is. She is super-happy being with him ,and the kids really love him," adds a friend of Lopez's. Neat-o!

Happy birthday, both of you! You're doing great ignoring those infidelity rumors, keep at it!

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Jason Bateman on how his 'Ozark' character stacks up with Walter White

The actor opens up about his new Netflix drama and how it compares to "Breaking Bad."

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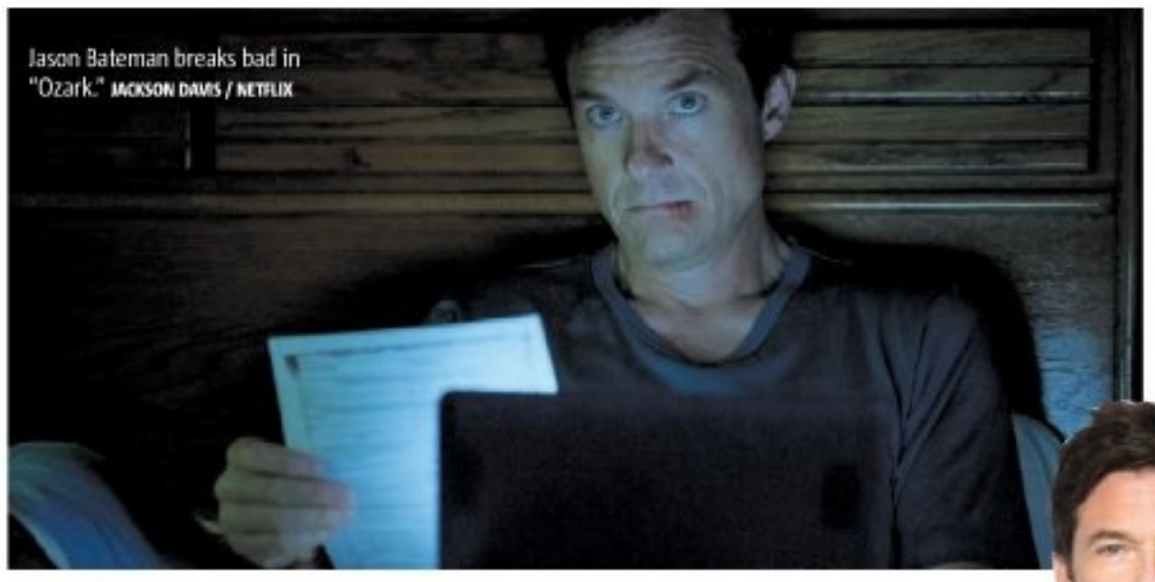


Jason Bateman breaks bad in "Ozark." JACKSON DAVIS / NETFLIX

If you tune into "Ozark" expecting to see Jason Bateman play another doting dad like Michael Bluth, think again.

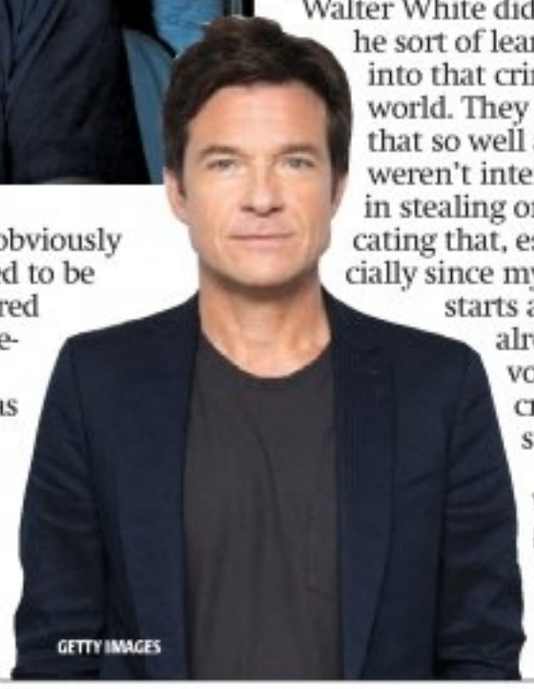
In the new Netflix series, the 48-year-old star plays a financial planner named Marty Byrde who's forced to move his family to the Missouri Ozarks from Chicago after falling into debt with a drug lord. As you can imagine, there's plenty of criminal intrigue, action and drama going on in the show, but it was the behind-the-scenes opportunities that really attracted Bateman to "Ozark."

"I said, 'If they're interested in allowing me to executive produce, oversee the whole project and direct every episode, then that's kind of in line with what we're looking for, which is an escalation in scope and scale,'" he says. "I eventually talked [the head of Media Rights Capital] into it, and we sold it to Netflix and off we went."

Here's what else he had to say about the series and how it compares to "Breaking Bad."

What are your thoughts on all the "Ozark" and "Breaking Bad" comparisons?

We're obviously flattered to be compared to something that was so well received, so well done. I understand the basic premise and concept of it that might have some baked-in-the-cake similarities, but we have something that is its own thing. The only time we really talked about "Breaking Bad" was we knew we didn't want my character do the same thing that Walter White did, where he sort of leaned into that criminal world. They did that so well and we weren't interested in stealing or replicating that, especially since my guy starts as a guy already involved in criminal stuff.



GETTY IMAGES

Would Marty be buds with Walter White?

They're probably both smart enough, arrogant enough and filled with enough hubris to actually think the other guy is kind of a fool.

Did living in Boston as a kid impact you at all?

I was only there between the ages of 2 to 4, but I went back there and visited a few years ago. I just kind of saw the style of residential architecture and the mature trees, everything is so wooded there. I realized this is probably where a lot of my affinity for all that got started, and I simply don't remember it. It's just a beautiful state and the city itself is filled with all the American history you could want as well as all the modern cosmopolitan elements that are kind of cool to be around. I love it there.

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Please consider joining Joe Mande's cult

The comedian and reluctant internet troll on his new Netflix special.

RACHAEL VAUGHAN CLEMMONS
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Joe Mande's special touches on a great variety of things, from "Shark Tank" pitches to Jewish summer camp. NETFLIX

Joe Mande's Netflix special, "Joe Mande's Award-Winning Comedy Special," probably won't win any awards, but it is certainly a unique take on stand-up. The show has elements of stand-up and sketch comedy sprinkled with observational and cringeworthy humor. "I don't want anything I do to ever feel stale," says the 34-year-old, perhaps best known for buying 1 million followers from an Eastern European bot lord.

Some of the jokes in the special are admittedly on the lazy side — surely comedians have exhausted every take on morning wood by now — but one thing is for sure: The comedian is pretty entertaining to chat with. We talked to Mande about getting blocked by Russell Crowe, joking about ISIS and how Trump's America is basically like living in Mordor from "Lord of the Rings."

You do stand-up, you write for "The Good Place" and you're an actor. You're doing a lot.
You can put actor in quotation marks.

You're described on Wikipedia as a comedian, a writer and an internet troll. What's it like to be a professional internet troll?
I'm not! That keeps getting erased, so there's just this one person that keeps defacing my Wikipedia page, and now this person — I'm assuming it's a he — found some sort of citation. Whatever. My whole attitude about that sort of thing when I get upset is Antarctica's melting, so who cares what my Wikipedia says? (Laughs.) We're all going to be underwater, we're all going to die.

Is the "professional troll" bit just because you bought a million followers from a European bot lord? Or because you've been blocked and unfollowed by the likes of Russell Crowe and Jessica Alba?
I sort of gravitate to getting into fights with people online. But I was a little bit more unhinged a few years ago. I used to get a thrill out of getting blocked by people and stuff, so I get it. But it's annoying that that's my biography.

GETTY

In the show, you talk about your love for ISIS videos and their high-quality production. Aren't you scared the government is coming for you?
Nothing's happened yet. I've sort of had the same "whatever" attitude, I've just been assuming the government has been monitoring me. I used to just on the regs send pictures of d— to Newt Gingrich or Mitch McConnell [on Twitter]. So I assume I'm just on a bunch of lists. Besides, you don't have to dig very deep to find ISIS videos.

That joke ended up working [for the special] but the first 20 times I did it, I've never had a joke bomb harder. People were so uncomfortable and I was essentially defending ISIS. So it took me a while to figure out what the actual joke was.

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Healthiest summertime foods

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What to eat to make the most of the season and also, what to avoid.

KATE MOONEY
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Summer is a time to wander farmer's markets, have picnics in the park and relax at barbecues. What do all three of those activities have in common? Eating. While everybody knows burgers and hot dogs aren't the best for you, when it comes to other culinary options we associate with the summer, making the healthiest choice isn't always as obvious.

Kayleen St. John, executive director of nutrition at Euphebe, suggests her favorite summer produce and tells us what "healthy" summertime foods we'd do better to avoid.

Seasonal produce

"I love any fresh green in the summer for a light-feeling salad," says St. John. The next time you're at the farmer's market, explore the bounty of leafy greens — whatever's fresh and local will have more antioxidants, she says.

St. John also goes for radishes, which are antioxidant-rich, Vitamin C powerhouses. And don't toss the radish greens — you can chop them up to add to a salad, or sautee with garlic and olive oil for a veggie side.

Fruit-wise, cherries are a summer treat that are also high in potassium and can help alleviate bloat.

St. John loves summer zucchinis because their high water content makes them a hydrating choice for the summer. She recommends making a zucchini gazpacho, blending the vegetable with onion, olive oil, cashews, basil and lemon juice, served chilled.

Go easy on the juice

"A fruit or veggie juice may seem like a 'light' lunch option come summertime, but these juices can be a downfall," she explains. They won't fill you up and they could cause a blood sugar/insulin spike. Go for smoothies instead — to keep the sugar down, add less than one cup of fruit and instead focus on fiber-rich greens and protein via nuts or seeds.

Don't be fooled by the low calorie count. INSTAGRAM.COM/HALOTOPCREAMERY

Be wary of "healthy" ice cream replacements

You've probably heard of trendy ice cream alternatives such as Halo Top or Arctic Zero. They have fewer than 300 calories a pint, but that doesn't mean they're good for you. "These usually contain prebiotic fibers and sugar alcohols, two ingredients known to cause gas and bloating," St. John explains. Halo Top contains the sugar alcohol erythritol.Both ice creams contain hard-to-digest fibers: chicory root in Arctic Zero, and unspecified dietary fiber in Halo Top. "When in doubt, stick to a whole-food ingredient list," she advises.

The lowdown on meats

While subbing in tofu or turkey dogs might seem like a low-calorie alternative at a summer barbecue, they're often so highly processed, you're better off with the real thing, says St. John. In general, watch out for meats you throw on the grill. According to the National Cancer Institute, animal products cooked over an open flame release chemicals that may increase the risk of cancer.

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CRUNCH TIME

MATT BURKE

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DON'T MESS WITH THE MULLET

David Price picked the wrong dude to mess with. Red Sox TV analyst Dennis Eckersley is beloved by hardcore fans. The pink hats probably just know him as the guy on TV with the mullet, but those who live and breathe all things Fenway recognize "Eck" as the first member of the Red Sox/NESN PR department since Sean McDonough who "tells it like it is."

Price, whose approval rating with the diehards sits somewhere in between Pablo Sandoval and Bobby Valentine, told Eckersley to "get the f— outta here," among other things, aboard a team flight last month (according to a Boston Globe report).

It will be interesting to see what NESN now does with Eck. Will they can him like they did with McDonough (McDonough is now the voice of "Monday Night Football" … good call NESN!), or will they show some stones for once?

FLIRT YOUR WAY TO THE TOP

Lindsey Vonn, the Olympic skier who dated Tiger Woods for a hot minute, may have her eyes set on some more contemporary kings of sport. Vonn posted a pic of herself and another young lady sandwich-hugging golfer Jordan Spieth on Sunday night, just after Spieth won The British Open.

"Congrats CHAMP!!!," she wrote.

OK, innocent enough.

But the social media pat on the bum comes on the heels of her fighting off rumors that she's dating Packers QB Aaron Rodgers. Vonn flat-out denied those rumors recently.

The official record still has Vonn dating Kenan Smith, who was a low-level assistant coach for the L.A. Rams before he was fired this past spring along with the entire Jeff Fisher administration. Clearly Vonn is looking to upgrade, or at least get some A-list summer lovin'.

THE ART OF TRASH TALK

The sh—talking in the NBA isn't quite up to snuff to the UFC's, as Conor McGregor shredded Draymond Green this past weekend. McGregor recently wore a No. 23 Warriors jersey, and Green (who currently wears No. 23 for the Warriors) took to Instagram to tell McGregor that he was rooting for Mayweather in the upcoming fight.

"We rocking with Floyd bro not you … take that off bruh @theNotoriousMMA," Green posted.

McGregor quickly replied, making clear it was the jersey of former Warriors player C.J. Watson.

"That's C.J. Watson mate," McGregor replied. "I don't know who the f— you are. No disrespect tho kid, keep hustling and stay in school.

"Now ask yourself why I'm rocking C.J. when I don't know or give a f— about basketball. I dribble heads off the floor. Not a ball. This is no game here kid."

I mean … that's just perfect.

The Watson jersey has great significance in that Mayweather's ex-girlfriend, Josie Harris, had a relationship with Watson around the time she was seeing Mayweather.

KYRIE IN BOSTON?

Celtics boss Danny Ainge is the ultimate NBA opportunist, so one would think he would be gauging interest right now in a trade for Cavs guard Kyrie Irving.

Ainge has been waiting to find a team to once again panic in the past few months as the Celtics are currently in search of another A-list player, and it could be that Ainge has finally found his match in the Cleveland Cavaliers.

The Cavs are a complete mess right now, and the latest is that LeBron James himself was the one who leaked the story that Irving wants to be traded.

Cavs owner Dan Gilbert could very well just throw his hands up in the air in the next few days or weeks, and punish LeBron by getting back nothing but future draft picks in exchange for Irving. Of course, the Celtics have the most appealing package of future picks of any team that would be legitimately interested in Irving.

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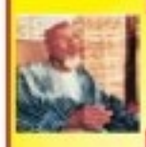

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TO WIT:

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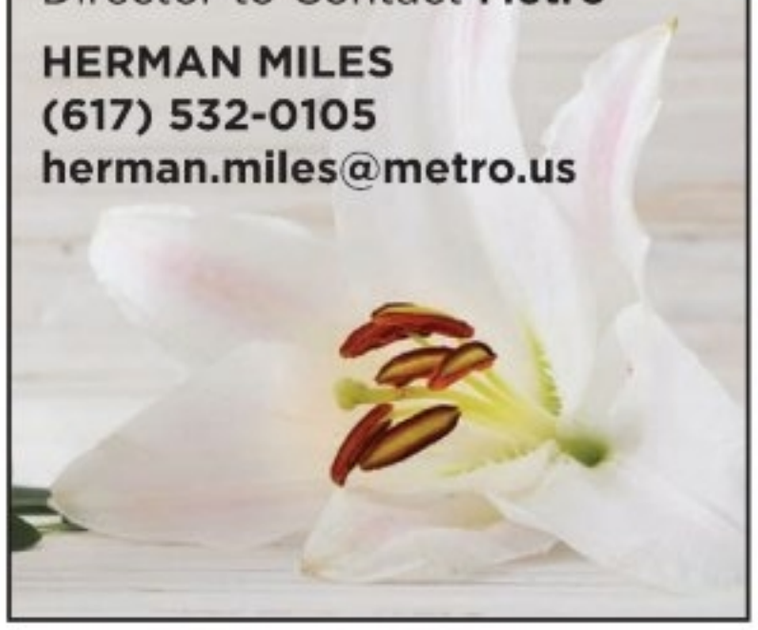

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21 Superlative ending
22 Tyrolean tunes
24 Allow
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28 Seneca's twelve
29 Omaha's state
34 Standing wide open
37 "Star Wars" knight
38 Coach's responsibility
39 Burger mate
40 Ceiling
41 Wild about
42 Diving bird
43 I cannot tell -- --
44 Lugs along
45 Totally inadequate
47 Outlaw
48 Groom's reply (2 wds.)
49 Visits briefly (2 wds.)
54 Romp
57 Dined on
58 Canadian prov.
59 Prankster
60 Going over again
63 Mr. Zola
64 Metallic element
65 Move very slowly
66 Obie relatives
67 Mice, to cats
68 Come together

Down

1 Brisling
2 "Hasta --!"
3 Oblige
4 "Bien" opposite
5 Miniature maple, e.g.
6 Singer Bonnie --
7 Hesitant sounds
8 Wan
9 Stevedore
10 Supplements
11 Hammer's target
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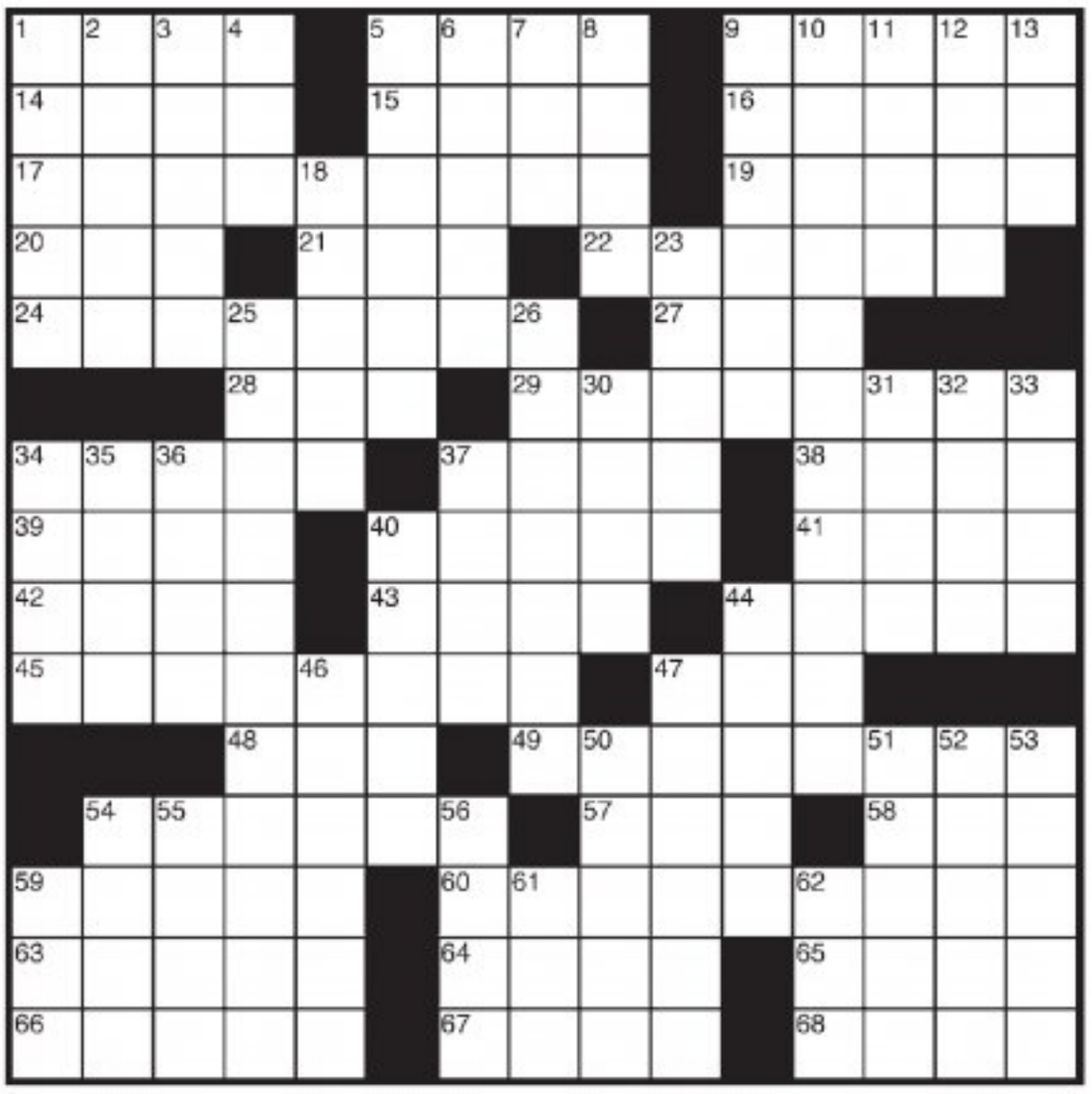

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easy

6			9			3	4	
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hard

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		4	1		7	6		
			6	8			7	
		2	5	6		1		
9	4		3		8			6
		3						

metro.us/horoscopes

Aries You'll face secretive opposition. Be careful whom you trust with your ideas and personal information. Refuse to overreact or show excessive or impulsive tendencies.

Taurus Avoid emotional situations that have the potential to put you in an awkward position. Social or networking events are best handled responsibly.

Gemini Changes at home will be beneficial. Take care of personal, financial, medical or legal matters. You stand to gain ground if you are detailed and energetic in your pursuits.

Cancer You may not like change, but accepting the inevitable will allow you to move forward even if you don't like the prospects you are offered. The benefits will unfold in time.

Leo Don't put up with nonsense or situations that are dragging you down. It's up to you to take a stand and make the changes that will bring greater joy to your life.

Virgo Take note of what's happening around you. Work to take advantage of an opportunity to make a positive change. Taking a business trip or attending a retreat is encouraged.

Libra Get involved with others. Attend a conference, seminar or retreat to gain greater awareness and knowledge. Taking short trips or updating your look is favored.

Scorpio Consider your vocational options. A deal you are offered will not be as good as you are led to believe. Question its terms and negotiate on your own behalf.

Sagittarius Emotional distress will occur if someone is not being honest about his or her feelings. Say what's on your mind and move forward.

Capricorn You are best off doing your own legwork when dealing with personal financial matters. Someone will offer you an inflated picture of what you can expect.

Aquarius Self-deception or emotional manipulation is possible if you don't look at the big picture and ask relevant questions. Get the facts before you make a move.

Pisces Work in unison with someone you respect or who has the same values as you. What you offer will make a difference. Changes are heading your way. **EUGENIA LAST**

Yesterday's answers

■	J	E	F	F	■	O	H	I	O	■	H	A	L	T
P	I	L	L	S	■	B	E	A	U	■	A	G	U	A
I	N	S	O	U	C	I	A	N	T	■	V	A	M	P
E	X	E	C	■	O	E	R	■	T	W	E	R	P	S
■	■	■	K	I	D	■	T	R	A	I	N	■	■	■
A	T	T	I	R	E	D	■	A	L	L	S	T	A	R
D	R	O	N	E	■	A	L	I	K	E	■	Y	M	A
L	U	N	G	■	B	R	A	S	S	■	G	R	O	G
I	C	I	■	L	A	N	C	E	■	M	O	O	R	E
B	E	C	A	U	S	E	■	S	E	T	T	L	E	D
■	■	■	C	R	E	D	O	■	A	V	G	■	■	■
E	S	T	E	E	M	■	G	R	R	■	O	O	P	S
N	E	A	T	■	E	L	L	I	P	T	I	C	A	L
O	M	N	I	■	N	O	E	L	■	A	N	T	S	Y
W	I	S	C	■	T	O	R	E	■	E	G	O	S	■

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